



# Thoughts Become Things: Change Your Thoughts, Change Your World

*Jo Banks*

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## **Thoughts Become Things: Change Your Thoughts, Change Your World Jo Banks**

Jo Banks, a Transformational Coach, NLP Master Practitioner and CBT Therapist, has more than 20 years experience as a Senior HR Professional, establishing her own Coaching and Consultancy Practice, What Next Consultancy (UK) Ltd in 2009. She is passionate about helping individuals and organisations to reach their full potential, through her proven and innovative coaching style. Through coaching approximately 1500, Jo has found her own unique style focusing on behavioural change and fundamentally changing clients' thought patterns to achieve tangible results, super charging their performance and elevating their career or business to the next level. In her first book, Jo shares her most effective and easy to use tools and techniques from her toolkit, explaining them in simple uncomplicated terms. This book is designed specifically for anyone wanting to improve their life and make some significant positive changes. It focuses on changing thoughts and behaviours that have been holding you back and stopping you from achieving the life that you deserve. This book will be particularly helpful for people who are constant worriers, have negative thinking patterns, consider themselves to be unlucky, tend to self sabotage, have limiting self beliefs, are self critical, suffer from anxiety/stress or anyone who wants to make a difference to the way they think and feel. What you will learn:

- How to recognise and change unhelpful thinking patterns
- How to change your negative thoughts and behaviours
- How to silence your inner critic
- How to stop self-sabotage
- How to control worrying thoughts
- How to rid yourself of limiting self-beliefs
- How to manage stress and anxiety effectively
- How to BE HAPPY NOW!

It is packed full of advice and exercises deigned to be easy to use, whilst being effective. Everything she has included has been tried and tested numerous times with her clients and has proved to deliver amazing results. THIS STUFF WORKS!

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